

consumer resource **guide for seniors**



internet sources



AARP

www.aarp.org

The AARP (American Association of Retired Persons) serves the needs and interests of people age 50 and older. The association offers a wide range of valuable information on education, advocacy, and referral services, health issues, and many other topics related specifically to senior needs.

About.com: Senior Health

www.seniorhealth.about.com

This site is a guide to health issues for senior citizens. It includes discussion forums, and many feature articles.

Administration on Aging

www.aoa.gov

Note the link to Eldercare Locator for specific information on state and area agencies on aging and other local community resources. The site includes “information about the long-term care ombudsman program, the elder abuse prevention program, caregiver resources, recent press releases and updates on aging nationally.”

AgeLine Database: Books and Articles About Life at 50+

www.aarp.org/research/ageline

“A searchable electronic database, containing detailed summaries of publications about older adults and aging, including books, journal and magazine articles, research reports, and videos.” The site includes citations to recent general-interest publications, browsable by categories such as health or money, and representative bibliographies of recent research and policy studies, browsable by categories such as long term care or community living. From the AARP.

Alzheimer’s Association

www.alz.org

This website offers a substantial amount of information about resources, tips for family members on coping, and understanding relatives with Alzheimer’s. It also offers information regarding updated research and volunteer services.

Commission on Affordable Housing and Health Facility Needs for Seniors in the Twenty-First Century

www.seniorscommission.gov

“The Commission was established by federal legislation to make recommendations to address the imminent crisis surrounding senior housing and health facility needs for seniors. The Commission works through task forces and has held hearings nationwide, which are summarized on the website.”

Consumer Consortium on Assisted Living (CCAL)

www.ccal.org

“The Consumer Consortium on Assisted Living (CCAL) is the only nonprofit consumer-based organization nationwide focused on the needs, rights and protection of assisted living consumers, their caregivers & loved ones... an independent watchdog entity...”

ElderHostel

www.elderhostel.org/welcome/home.asp

Elderhostel, a not-for-profit organization, is the nation's first — and the world's largest — educational and travel organization for older adults.

FirstGov for Seniors

www.firstgov.gov/Topics/Seniors.shtml

This browseable and searchable site “...provides online access to government information and services of interest to seniors in the areas of consumer protection; education, jobs, and volunteerism; federal and state agencies; health; laws and regulations; retirement and money; taxes; and travel and leisure”.

National Senior Citizens Law Center

www.nsclc.org

This site offers an online library of manuals, periodicals, and articles about NSCLC services, and press releases about current issues affecting the elderly.

SeniorJournal: Daily News for Active Senior Citizens

www.seniorjournal.com

A searchable Web site for seniors and Baby-Boomers, that covers breaking news daily and features articles on entertainment, finances, grandparenting, healthcare, hobbies, nutrition, retirement, and travel, among other subjects. There is an annotated list of Web sites for senior citizens and baby-boomers on aging, investing, government programs, politics, and other issues.

SeniorNet

www.seniornet.org

SeniorNet is a 501(c)3 nonprofit organization of computer-using adults, age 50 and older. Its mission is to “provide older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom”. SeniorNet supports over 240 Learning Centers throughout the U.S. and in other countries, publishes a quarterly newsletter and a variety of instructional materials, and offers discounts on computer-related and other products and services. It holds regional conferences and collaborates in research on older adults and technology.

Senior Sites

www.seniorsites.com

Lists of nonprofit providers and national and state associations involved with senior housing, healthcare, and services. You can search providers by zip code, selecting facilities up to a 200 mile radius, or search for a facility with the desired services and amenities.

SeniorWorld Online — Resources for Active Seniors in the Digital Age

www.seniorworld.com

This site provides articles geared specifically for seniors about health, nutrition and fitness.

